

# INTEGRATED SCHOOL Daily Bulletin



SY 2018-2019 Monday, July 30, 2018 | No. 33

Attribute for the month: Commitment to Excellence

**Bible Verse for the Day:**

You will see much greater things than this. *-John 1:50*

**Reflection:**

Remember, even when it looks impossible, even when you don't see a way out, or even when you've made poor choices, God has a way.

## Sowing the Seeds of Health

PRACTICAL ARTS:  
HEALTH AND NUTRITION MONTH 2018



**HEALTH AND NUTRITION TRIVIA Did you know?**

**STRAWBERRIES.** STRAWBERRIES are believed to help fight cancer, gout, arthritis, and anemia. They contain high amounts of vitamin C, as well as iron, fiber, and pectin. They also contain powerful antioxidants which may help prevent cancer and heart disease. New evidence suggests that STRAWBERRIES may have anti-viral properties, too. They're best eaten fresh and ripe.

### FIRST QUARTER EXAMINATION SCHEDULE

MAPEH AND COMPUTER EXAMS: JULY 30 - AUGUST 3, 2018

**AUGUST 7, 2018 (Tue)** CLE 1-3 Exams 7:50 - 8:50 (1<sup>st</sup> - 2<sup>nd</sup> periods – shortened class periods / no 8<sup>th</sup> period)

CLE GRADE 1-3 PROCTORS	1A – Ms. D. Tupas	1B – Ms. D. Gallana	1C – Ms. D. Miñada
	1D – Ms. C. Tambasen	1E – Ms. S. Prado	2A – Ms. A. Cabalo
	2B – Ms. J. Quiatchon	2C – Ms. G. Guilaran	2D – Ms. H. Rama
	2E – Ms. A. Guanzon	3A – Ms. G. Bonifacio	3B – Ms. J. Jayme
	3C – Ms. J. Escote	3D – Ms. A. Salvador	3E – Ms. N. Parilla

GRADE LEVEL	AUGUST 8 (WED)		AUGUST 9 (THU)			AUGUST 10 (FRI)		
	1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Kinder	English		Filipino	Reading		Math		
Grade 1	Science	Filipino	Math	Reading		AP	English	
Grade 2	AP	Reading	Science	Filipino		Math	English	
Grade 3	Reading	Math	English	Filipino		Science	AP	
Grade 4	Science	AP	Math	CLE	HELE	English	Filipino	
Grade 5	AP	Math	CLE	English	Science	Filipino	HELE	
Grade 6	Math	English	AP	Science	HELE	CLE	Filipino	
Grade 7	Filipino	CLE	Math	English	TLE	Science	AP	
Grade 8	Science	English	Filipino	CLE	AP	TLE	Math	
Grade 9	Filipino	Science	English	TLE	Math	CLE	AP	BK 1
Grade 10	Math	Elective	AP	BK 2	Filipino	English	CLE	Science

**Note:** *Subject teachers are reminded to post Pointers for Review for the quarter examinations. Students are reminded to settle accountabilities at the Business Office.*

### ELECTIVE 10 ROOM ASSIGNMENTS/PROCTORS

ELECTIVE 10	PROCTOR/S	ROOM ASSIGNMENT
Human Anatomy (Mr. J. Leonor)	Ms. T. Navarro / Ms. Sarmiento	10B
Human Anatomy (Mr. A. Uberas)	Mr. De la Serna	10G
Computer Programming & Game Development	Mr. Patarata	UG Computer Lab
Advanced Math	Mr. Jastia / Mr. Edang	10F
Basic Electronics	Dr. Leonor	Physics Lab
Creative Writing / Journalism	Ms. Ballesteros	10C
Political Science	Ms. I. Magbanua	10E
HRM	Ms. Serantes / Ms. Gandecila	10A
Media Strategies	Br. Irwin / Ms. R. Berjit	10D

### EXAM TIME SCHEDULE (MORNING SESSIONS FOR ALL)

7:30 – 8:00	- Flag Ceremony/ Homeroom Period
8:00 – 9:00	- FIRST EXAM
9:00 – 9:30	- RECESS
9:30 – 10:30	- SECOND EXAM
10:30 – 11:30	- THIRD EXAM

### DAY BEFORE QUARTERLY EXAMS (AUGUST 7, 2018)

SHORTENED CLASS SCHEDULE (30mins/period)

7:30-7:50	Flag Ceremony
7:50-8:20	First Period
8:20-8:50	Second Period
8:50-9:20	Third Period
9:20-9:50	RECESS
9:50-10:20	Fourth Period
10:20-10:50	Fifth Period
10:50-11:20	Sixth Period
11:20-11:50	Seventh Period
<i>No 8<sup>th</sup> Period</i>	



**FROM THE MAPEH DEPARTMENT****AUDITION FOR NOPSSCEA VOCAL SOLO**

**OPM & CLASSICAL** for Elementary and Junior High School  
**July 30-August 3, 2018 (Monday-Friday)**  
**4:30-5:00 PM @ 4D Classroom**  
 look for *Ms. Cleah Pahayahay*  
*\*Please bring your Music, preferably in your phone.*

**FROM THE IS CELAM****CONFESSIONS / RECOLLECTIONS / HOLY MASS**

July 30, 2018 (Mon)	4B – HOLY MASS 1:20PM @ Junior High School Chapel
July 31, 2018 (Tue)	8E – RECOLLECTION
	4C (1 <sup>st</sup> Group) – CONFESSION 1:20PM @ Junior High School

**FROM THE HEALTH SERVICES CENTER****ECG EXAMINATION FOR STUDENT-ATHLETES**

every **TUESDAYS** and **THURSDAYS**  
**10:00AM-12:00NN** at the Junior High School Clinic

**FROM THE LOWER GRADES LVP OFFICE**

REMINDER TO STUDENTS:

- **PLEASE KEEP OFF THE GRASS.**

**FROM JHS SAC****SNAP AGAINST BULLYING**

Visit the *JHS Lobby La Salle Patio*. This is a SAC Project in support of the school's *Anti-Bullying Campaign*. See you there!

**FROM THE JHS ENGLISH DEPARTMENT****AUDITION FOR NOPSSCEA CONTESTS**

**ENGLISH DECLAMATION**

**IMPROMPTU SPEECH**

**August 3, 2018 (Friday) | 7<sup>th</sup> – 8<sup>th</sup> Periods**

*Please see Ms. Imelda J. Cadigal*

**FROM THE LOWER GRADES DFO**

*(Teachers, please write the reminders in the assignment board.)*

- Haircut and Good Grooming Inspection on Thursday, August 2, 2018. Refer to pages 24-25, Student Handbook (SH).
- Wear your school ID at all times.

❖ Ms. Gertrude Hosillos will be on leave on July 30-August 1, 2018. OIC-DFO for the Lower Grades- *Teacher Dolly Dela Serna*

**FROM THE MATH DEPARTMENT**

**Registration for the 2018 MTG (Mathematics Trainers' Guild) Qualifying Examination is NOW OPEN.** For those who wish to join, please write your name, grade level and section, and date of birth in a 1/4 sheet of paper and pass it to your Math teacher. You will also pay an amount of P40.00 (forty pesos) as part of the registration. **Deadline of submission will be on August 2, 2018.** The schedule of the Qualifying exam will be on August 4, 2018, Saturday at Trinity Christian School at 9:00AM. ***This is only open to Grades 3-6 (students born on or after 1<sup>st</sup> of September 2002) and Grades 7-10 (students born on or after 1<sup>st</sup> of August 1999).***

**FROM GREEN BEACON & LUNTIANG TANGLAW****SCHEDULE OF TRAININGS**

**8:30 AM – 4 PM | LG Science Lab**

Aug 18 Individual Writing & Collaborative Publishing

**FROM THE IS BALAYAN**

- The schedule of **MOTHERS CLUB FOOD EXPO 2** is moved to **Aug. 17, 2018 from 2:00pm to 4:00pm at Pallotine, Prk. Marapara, Brgy. Bata.**

**DATES TO REMEMBER**

August 13-17 1<sup>st</sup> Quarter PT Completion

August 20 Buwan ng Wika Celebration

September 3-4 3<sup>rd</sup> BED PAASCU Visit

**FOR INTELICARE MEMBERS**

Please be reminded that Intellicare is now implementing a **CLINIC-BASED PROGRAM** wherein out-patient services (for scheduled and elective cases) shall be made at accredited clinics or laboratories only EXCEPT Healthway, mall-based clinics and major hospital-affiliated laboratories. Furthermore, members can only be accommodated in hospital-based OPDs during emergency cases.

**ANCILLARY SERVICES TAP****NEW EXPERIMENTAL BOOKTORE HOURS EFFECTIVE AUGUST 1, 2018**

7:00 am to 12:30 pm

12:30 pm to 1:30 pm NOON BREAK (CLOSED)

1:30 pm to 5:00 pm

Monday to Friday

\*\* Changes to schedule will be announced through this post (VCA TAP)

**CLINIC TAP****FOR THE INFORMATION OF THE USLS COMMUNITY****Clinic Personnel:****Physicians:**

Dr. Luis S. Arroyo Jr. -Medical Director (Pediatrics)  
 Dr. Radel Yvonne R. Cortes (Internal Medicine-Allergy and Asthma)  
 Dr. Marilu B. Libo-on (Obstetrics and Gynecology)

**Dentists:**

Dr. Sonia Theresa E. Avelino  
 Dr. Marie Rita E. Araneta

**Nurses:**

Jerald P. Abrot  
 Jane P. Jarabas  
 Richmond Blaine G. Ombion  
 Harlan A. Po  
 Jenalyn D. San Jose  
 Maria Ana G. Zuloaga

**Clinic Schedule:****Main Clinic:**

7:30 AM to 5:00 PM (Monday to Friday)  
 8:00 AM to 5:00 PM (Saturday)

**College Clinic:**

8:30 AM to 8:30 PM (Monday to Friday)

**High School Clinic:**

7:30 AM to 4:00 PM (Monday to Friday)

**Physicians' Schedule:****Dr. Luis S. Arroyo Jr.**

Monday to Friday (Main Clinic) - 7:30 to 9:00 AM  
 Mon.- Wed.- Fri. (Main Clinic) - 1:30 to 3:00 PM  
 Tues. - Thurs. (High School Clinic) - 1:30 to 3:00 PM

**Dr. Radel Yvonne R. Cortes**

Monday to Friday (Main Clinic) - 10:00 AM to 12:00NN

**Dr. Marilu B. Libo-on**

Mon.- Wed.- Fri. (Main Clinic) - 2:30 to 4:30 PM  
 Tues. - Thursday (Main Clinic) - 2:00 to 4:00 PM

**Dentists' Schedule: (Main Clinic)****Dr. Sonia Theresa E. Avelino**

Monday to Friday - 10:00 AM to 12:00 NN

**Dr. Marie Rita E. Araneta**

Monday to Friday - 1:30 to 3:30 PM

